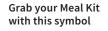


Sesame Honey Prawns & Garlic Veggies with Jasmine Rice & Chilli

TAKEAWAY FAVES

CLIMATE SUPERSTAR













Long Chilli (Optional)





Peeled Prawns

Oyster Sauce



Broccoli & Carrot

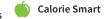






Prep in: 20-30 mins Ready in: 25-35 mins

Eat Me First



In this perfectly sweet and savoury dish, a dusting of cornflour on the prawns before they go into the pan is key; it ensures the prawns retain their juiciness, all while getting a lovely crisp coating on the exterior.



CUSTOM RECIPE If you chose to swap, upgrade or add protein, follow the custom recipe steps.

Pantry items Olive Oil, Honey

Before you start

Wash your hands and any fresh food.

If you're cooking for 6, use the 2 people plus 4 people ingredients and cook meat and veggies in batches

You will need

Medium saucepan with a lid · Large frying pan

Ingredients

	2 People	4 People
olive oil*	refer to method	refer to method
water*	1¼ cups	2½ cups
jasmine rice	1 medium packet	1 large packet
long chilli ∮ (optional)	1/2	1
peeled prawns	1 packet	2 packets
oyster sauce	1 large packet	2 large packets
honey*	2 tbs	1/4 cup
sesame seeds	1 medium sachet	1 large sachet
cornflour	1 medium sachet	1 large sachet
broccoli & carrot mix	1 medium packet	1 large packet
garlic paste	1 medium packet	2 medium packets
peeled prawns**	1 packet	2 packets

^{*}Pantry Items **Custom Recipe Ingredient

Nutrition

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2458kJ (587Cal)	728kJ (174Cal)
Protein (g)	23.1g	6.8g
Fat, total (g)	11.2g	3.3g
- saturated (g)	2.9g	0.9g
Carbohydrate (g)	98g	29g
- sugars (g)	22.3g	6.6g
Sodium (mg)	3061mg	907mg
Dietary Fibre (g)	21.3g	6.4g

Custom Recipe

Avg Qty	Per Serving	Per 100g
Energy (kJ)	2718kJ (650Cal)	628kJ (150Cal)
Protein (g)	36.4g	8.4g
Fat, total (g)	12.1g	2.8g
- saturated (g)	3.3g	0.8g
Carbohydrate (g)	99g	22.9g
- sugars (g)	23.2g	5.4g
Sodium (mg)	3685mg	852mg
Dietary Fibre	22.3g	5.2g

The quantities provided above are averages only.

Allergens

Always read product labels for the most up-to-date allergen information.

Visit hellofresh.com.au/foodinfo for allergen and ingredient information. If you have received a substitute ingredient, please be aware allergens may have changed.

We're here to help!

Scan here if you have any questions or concerns





Cook the rice & get prepped

- To a medium saucepan, add the water and bring to the boil. Add jasmine rice, stir, cover with a lid and reduce heat to low. Cook for 12 minutes, then remove pan from the heat and keep covered until the rice is tender and the water is absorbed, 12 minutes.
- Meanwhile, thinly slice long chilli (if using). Pat peeled prawns dry with paper towel.
- In a small bowl, combine **oyster sauce**, the **honey**, half the **sesame seeds** and a splash of **water**. Set aside.
- In a medium bowl, combine cornflour and a pinch of salt. Add prawns, tossing to coat.

TIP: The rice will finish cooking in its own steam, so don't peek!

Custom Recipe: If you've doubled your prawns, prepare prawns as above.



Cook the prawns

- Return frying pan to medium-high heat with a generous drizzle of olive oil.
- Shake off excess flour from prawns, then cook prawns, tossing, until pink and starting to curl up, 3-4 minutes.
- Return veggies to the pan. Add sauce mixture and cook, tossing, until combined, 1 minute. Remove from heat.

Custom Recipe: Cook prawns in batches for best results.



Cook the veggies

- In a large frying pan, heat a drizzle of **olive oil** over medium-high heat.
- Cook broccoli & carrot mix, tossing, until tender, 5-6 minutes.
- Add garlic paste and cook until fragrant, 1 minute. Transfer to a bowl.

TIP: Add a dash of water to the pan to help speed up the cooking process.



Serve up

- Divide garlic rice between bowls.
- Top with sesame honey prawns and veggies.
- Sprinkle over remaining sesame seeds. Garnish with **chilli** to serve. Enjoy!

Rate your recipe

Did we make your tastebuds happy? Let our culinary team know: hellofresh.com.au/rate

